

WHAT IS CLAIMED IS:

1. A bone anchor operative to selectively control the tension of a suture held thereby comprising:
 - a. an anchor portion operative to be seated within a bone mass;
 - b. an attachment portion coupled to said anchor portion, said attachment portion defining an attachment point to which said suture is affixed to said bone anchor; and
 - c. an adjustment mechanism operatively coupled to said attachment portion, said adjustment mechanism being operative to selectively adjust said attachment portion such that the tension of said suture affixed thereto is correspondingly altered.
2. The bone anchor of Claim 1 wherein said attachment portion is selected from the group consisting of an eyelet, hook, and post.
3. The bone anchor of Claim 1 wherein said anchor portion comprises a self-tapping threaded screw.
4. The bone anchor of Claim 1 wherein said anchor portion comprises an anchor element configured to be projected within said bone.
5. The bone anchor of Claim 1 wherein said adjustment mechanism comprises a ratchet mechanism disposed intermediate said attachment portion and said anchor portion.
6. The bone anchor of Claim 5 wherein said ratchet mechanism is operative to permit uni-directional rotational movement of said attachment member.
7. The bone anchor of Claim 5 wherein said ratchet mechanism is operative to permit bi-directional rotational movement of said attachment member.
8. A bone anchor operative to selectively control the tension of a suture held thereby comprising:
 - a. an anchor portion operative to be seated within a bone mass; and
 - b. an attachment mechanism coupled to said anchor portion, said attachment mechanism being operative to receive and selectively engage said suture such that said suture is held in selective position and possess a selective tension relative said bone anchor.

9. The bone anchor of Claim 8 wherein said bone anchor further comprises:
a brake mechanism disposed within said attachment portion of said bone anchor, said brake mechanism being operative to compressively hold said suture received in said attachment mechanism.
10. The bone anchor of Claim 9 wherein said brake system comprises the combination of a brake member and a spring element, said brake member and said spring element being operatively interconnected such that said spring element biases said brake member against said suture disposed within said attachment member.
11. The bone anchor of Claim 7 wherein said attachment member is formed from a magnetic material.
12. The bone anchor of Claim 10 wherein said brake member comprises a magnetic material.
13. A bone anchor operative to selectively control the tension of a suture held thereby comprising:
- a. an anchor portion operative to be seated across a bone mass, said anchor portion defining a channel extending through said bone mass;
 - b. an attachment portion defining an attachment point to which said suture is affixed to said bone anchor; and
 - c. an adjustment mechanism operatively coupled to said anchor portion and said attachment portion, said adjustment mechanism being operative to selectively adjust said attachment portion such that the tension of said suture affixed thereto is correspondingly altered.
14. The bone anchor of Claim 13 wherein said adjustment mechanism comprises a ratchet mechanism disposed within said channel formed within said bone mass.
15. The bone anchor of Claim 14 further comprising a protective covering positionable about said adjustment mechanism.
16. The bone anchor of Claim 14 wherein said bone anchor further includes a spool portion operative to capture and hold a suture segment coiled thereabout.
17. A system for selectively attaching a tendon or ligament to a bone comprising:

a. an anchor portion operative to be seated across a bone mass, said anchor portion defining a channel extending through said bone mass;

b. an attachment portion defining an attachment point to which said suture is affixed to said bone anchor; and

c. an adjustment mechanism operatively coupled to said anchor portion and said attachment portion, said adjustment mechanism being operative to selectively adjust said attachment portion such that the tension of said suture affixed thereto is correspondingly altered;

d. a saddle member operatively positionable upon a respective open end of said channel formed through said bone mass, said saddle member being operative to receive and hold a free end of a tendon or a ligament thereupon, said saddle member having a bore formed therethrough in fluid communication with said channel formed through said bone mass, said bore forming a passageway through which a suture coupled to said tendon may extend to said bone anchor.

18. A method of securing a bone anchor to bone comprising the steps:

a. forming a channel extending from said target site of bone and through a section of soft tissue such that said channel extends externally from the body of said patient;

b. identifying a site through said channel formed in step (a) to where said bone anchor will be positioned;

c. forming a bore within said bone at said site identified in step (b);
and

d. depositing said bone anchor within said bore formed in step (c).

19. The method of Claim 18 wherein in step (a), said channel is formed by forming an incision upon said section of soft tissue and advancing a cylindrical sleeve through said soft tissue to said target site of said bone.

20. The method of Claim 18 wherein in step (c), said bore is formed partially through said target site of bone.

21. The method of Claim 18 wherein in step (c), said bore is formed completely through said target site of bone such that a channel extending through said target site of bone is formed.

22. The method of Claim 21 wherein in step (d), said bone anchor is positioned across said channel formed through said target site of bone.